

Esk Valley Fell Club – Race Fixtures 2019 (Dave Parry Winter and Summer Fell Race Series supported by Lets Run) – (12/02/2019)

Date	Day	Start time	Race	Organiser	Event	Entry Details	Venue	Grid Reference	FRA Category	Senior Race Distance/Climb	Junior Races Distance/Climb
KIT – Fell Race Events											
AL, AM and BL races, FRA Mandatory Minimum Kit must be carried. (Waterproof whole body cover (with taped seams & integrated attached hood) + hat + gloves + map + compass + whistle + emergency food. All other races, bring and be prepared to carry FRA kit. Race organiser will specify requirements on the day.											
Dave Parry / Northern Runner – Winter Fell Race Series 2018/19 (continued)											
01/01/19	Tue	11:00	Captain Cook's Races (36th) (proceeds support local charities)	Esk Valley Fell Club	L, NEJ1	£5.00 – Entry on Day (UEF)	Royal Oak P.H. - High Green, Great Ayton, North Yorkshire TS9 6BW	NZ 563107	BS	5mi/1043' 8km/318m	U11/U13 – 1.5km, U15/U17 – 4.3km U19 – Senior Route
06/01/19	Sun	10:30	Comondale Clart	York Acorn	L, WS6	£5.00 – Entry on Day (UEF)	Village Hall, Sandhill Bank, Comondale, nr Guisborough YO21 2HG	NZ 662104	BS	5.2m/722' 8.3km/220m	Minimum age 18 years
09/02/19	Sun	CANCELLED	Maybeck Three Crosses (last run 2015)	Scarborough AC	L, WS7	£5.00 – Entry on Day (UEF)	Maybeck Car Park, Sneaton, nr Whitby	NZ892024	BM	7.5mi/1062' 12km/330m	Minimum age 18 years
24/02/19	Sun	11:00	Heartbeat Hobble	Scarborough AC	L, WS8	£5.00 – Entry on Day (UEF)	Nr Mallyan Spout Hotel, Goathland Village YO22 5AN	NZ 826006	BM	6.9mi/845' 11km/260m	Minimum age 18 years
03/03/19	Sun	10:30	Glaisdale Rigg	Loftus and Whitby	L, WS9	£6.00 – Entry on Day (UEF)	Arnecliffe Arms, Glaisdale, nr Castleton, Whitby YO21 2QL	NZ 781054	BM	8.5mi/1844' 13.7km/562m	Minimum age 18 years
10/03/19	Sun	10:30	Brough Law	NFR	NEFRC1, NEMAA	£3.00 – Entry on Day (UEF)	Bulbys Wood car park, Ingram Valley, nr Powburn, Northumberland	NU 008164	AS	5mi/1300' 8km/400m	Over 16 years
17/03/19	Sun	11:00	Bilsdale (new event 2019)	Esk Valley Fell Club	L	£8.00 – Pre-Entry LINK £10.00 – EOD if available	Chop Gate Village Hall, Chop Gate, Bilsdale, North Yorkshire, TS9 7JN	SE 559993	AL	14.4mi/4225' 23km/1300m	Minimum age 18 years
07/04/19	Sun	11:00	Maybeck Three Crosses (last run 2015)	Scarborough AC	L, WS7	£5.00 – Entry on Day (UEF)	Maybeck Car Park, Sneaton, nr Whitby	NZ892024	BM	7.5mi/1062' 12km/330m	Minimum age 18 years
14/04/19	Sun	10:30	"Gisborough" Moors including Summer 2018 presentations	Esk Valley Fell Club	L, WS10	£6.00 – Entry on Day (UEF)	Guisborough Rugby Club, Belmangate, Guisborough TS14 7BB	NZ 616155	BL	12.4mi/2789' 20km/850m	Minimum age 18 years
28/04/19	Sun	10:30	Blakey Blitz	Esk Valley Fell Club	L, WS11	£5.00 – Entry on Day (UEF)	Lion Inn, Blakey Ridge, nr Castleton, Kirkbymoorside YO62 7LQ	NZ 678998	AM	10.6mi/2805' 17km/855m	Minimum age 18 years
Dave Parry/Lets Run - Summer Fell Race Series 2019 – SS – Starts 01/05/2019											
01/05/19	Wed	19:15	Gribdale Growler	Cleveland Mountain Rescue Team	L, SS1	£5.00 – Entry on Day (UEF)	Gribdale car park, nr Gt Ayton, N Yorks	NZ 593111	BS	9.2km/284m 5.7mi/925'	Minimum age 18 years
11/05/19	Sat	11:00	Fox and Hounds Chase (New day)	Loftus and Whitby	L, SS2, NEFRC2 NEJ2	£6.00 – Entry on Day (UEF)	Fox & Hounds, Ainthorpe, nr Castleton, Whitby	NZ 704078	BM	14.5km/457m 9mi/1499'	U11/U13/U15/U17/U19 – Distances appropriate to age
21/05/19	Tue	19:00	Roseberry Romp	National Trust	L	£4.00 – Entry on Day	Public Car Park, Newton-under-Roseberry, Nr Great Ayton, TS9 6QR	NZ 570128	BS	5.1mi/1050' 8.2km/320m	Minimum age 16 years
05/06/19	Wed	19:15	Ossy Oiks	Thirsk and Sowerby	L, SS3	£6.00 – Entry on Day (UEF)	Outside Church, nr Arnecliffe Woods, Ingleby Cross, Ingleby Arnecliffe	NZ 453003	AS	5.3mi/1834' 8.5km/559m	Minimum age 16 years
19/06/19	Wed	19:15	Whorlton Run	Whorlton Playing Field Committee	L, SS4	£5.00 – Entry on Day (UEF)	Whorlton Village hall, High Street, Swainby, North Yorkshire, DL6 3ED	NZ 476022	BS	6.2mi/1401' 10km/427m	Minimum age 16 years
22/06/19	Sat	10:30	Windy Gyle	Northumberland Fell Runners	NEFRC3	£5.00 – Entry on Day (UEF)	North of Barrowburn Farm, Alwinton	NT 863113	BM	8.5mi/1780' 13.7km/549m	Minimum age 18 years
23/06/19	Sun	06:00	Cleveland Way Relay	NYMAC	North Yorkshire bragging rights	Free Team Manager Entry	Promenade – Filey	NT 863113	Ultra	109mi/ 175km	
30/06/19	Sun	10:30	Cross Fell	Garrigill village	NEFRC4	£8.00 – Pre-Entry £10.00 – EOD if available	Garrigill village green, Garrigill, CA9 3DS	NY 745416	BL	15mi/2210' 24km/680m	Minimum age 18 years
09/07/19	Tue	19:15	Tom's Bransdale Race	National Trust	L	£5.00 – Entry on Day	Bransdale Mill, Bransdale, North Yorkshire	SE 620879	BM	7.5mi/1312' 12km/400m	Minimum age 18 years
14/07/19	Sun	10:45	Viking Chase (in aid of CMRT)	Cleveland Mountain Rescue Team	L, SS5	£6.00 – Entry on Day (UEF)	Lordstones, Carlton Bank top, Carlton-in-Cleveland	NZ 524030	BM	7.5mi/1877' 12km/572m	Minimum age 18 years
16/07/19	Tue	19:30	Chapelfell Top	Durham Fell Runners	NEFRC5	£5.00 – Entry on Day (UEF)	Chatterbox Cafe, 11 Market Place, St John's Chapel, DL13 1QF	NY 885360	AS	4.5mi/1300m 7km/400m	Minimum age 18 years
24/07/19	Wed	19:15	Inclined to Madness	York Acorn	L, SS6	£6.00 – Entry on Day (UEF)	Upper Car Park Clay Bank, B1257 nr Stokesley, North Yorkshire	NZ 579038	BM	6.9mi/1230' 11km/375m	Minimum age 18 years
03/08/19	Sat	14:00	Osmotherley Show Race	Osmotherley Show	L, SS7	Pay entry to show race included – Enter on day	Osmotherley Show Ground, Thimbleby, DL6 3PY	SE 452960	BS	5.5mi/1050' 8.8km/320m	Minimum age 16 years
06/08/19	Tue	19:15	Ravenscar Rumble	National Trust	L	£4.00 – Entry on Day	Ravenscar Visitor Centre, Ravenscar, North Yorkshire, YO13 0NE	NZ 980016	BS	4.7mi/787' 7.5km/240m	Minimum age 16 years
27/08/19	Tue	19:00	Roseberry Topping (Now Tuesday)	National Trust	L, SS8, NEJ3	£4.00 – Entry on Day (UEF)	Car Park, Newton-under-Roseberry on A173	NZ 570128	AS	1.5mi/715' 2.3km/217m	U11/U13/U15/U17/U19
14/09/19	Sat	13:30	Castleton Show Race	NYMAC	L, SS9	Pre-entry includes show entry or Enter on day	Show Ground, Castleton	NZ 684084	Hilly Road	6.1mi/650' 10km/200m	Separate Junior Race on day
14/09/19	Sat	15:00	Castleton Show Junior Fell Races	NYMAC	L, NEJ4	£0.50 – UEF	Show Ground, Castleton	NZ 684084	Age appropriate	TBC	Race 1 – U11, Race 2 – 11 to 13 Race 3 – 14 to 18
22/09/19	Sun	11:00	Fry-up Frazzler	Scarborough AC	L, SS10	£5.00 – Entry on Day (UEF)	Yorkshire Cycle Hub, The Gill,, Fryup, Whitby YO21 2AP	NZ 720047	AS	5.2mi/1300' 8.25km/400m	Minimum age 18 years
Dave Parry/Lets Run – Winter Fell Race Series 2019/20 – WS – (Starts 06/10/2019)											
06/10/19	Sun	10:30	Saltergate Gallows (Original route)	Pickering RC	L, WS1, NEFRC6	£5.00 – Entry on Day (UEF)	Village Hall, Levisham, nr Pickering	SE 833906	BM	10.6mi/1400' 17km/430m	Minimum age 18 years
20/10/19	Sun	11:00	Gormire Gamble	Thirsk and Sowerby	L, WS2	£5.00 – Entry on Day (UEF)	Sutton Bank Visitor Centre, YO7 2EH	SE 515831	BM	6.2m/1148' 10km/350m	Minimum age 18 years
03/11/19	Sun	10:30	Lockton Limping	Pickering RC	L, WS3	£5.00 – Entry on Day (UEF)	Lockton Village Hall, nr Pickering, N. Yorks	SE 845898	BM	7m/1083' 11.2km/330m	Minimum age 18 years
01/12/19	Sun	10:30	Eskdale Eureka (in aid of CMRT)	Cleveland Mountain Rescue Team	L, WS4,	£5.00 – Entry on Day (UEF)	Eskdale Inn, Langburn's Bank, Castleton, North Yorkshire, YO21 2EU	NZ 684084	BM	9mi/1500' 14.3km/470m	Minimum age 18 years
27/12/19	Thu	11:00	Guisborough Woods (original route)	Esk Valley Fell Club	L, WS5 NEFRC7 NEJ5	£6.00 – Entry on Day (UEF)	Guisborough Rugby Club, Belmangate, Guisborough	NZ 616155	BS	5.5mi/1234' 8.8km/376m	U12/U14/U16 – 2.9km (1 lap) U18 – Senior route
Date	Day	Time	Race	Organiser	Event	Entry Details	Venue	Grid Reference	FRA Category	Senior Race Distance/Climb	Junior Races Distance/Climb

Notes:

IMPORTANT – Requirements for Runners, Kit requirements & Hypothermia info – PLEASE READ IT'S FOR YOUR SAFETY – No Kit No Race and if you do race we will disqualify you!

REQUIREMENTS FOR RUNNERS

HYPOTHERMIA LINK

L – Local NEJ – North East Junior Race Lakes – Out of area race N – National Race

NEFRC – North East Fell Running Championships 2019 EngFC – English Fell Championships EJFC – English Junior Fell Championships CMRT – Cleveland Mountain Rescue Team Fund Raiser

NEMAA – North East Masters Athletics Association Fell Championship Race

- Pre-Entry Available, Compulsory or Recommended – **CHECK** LCT – Lakelands Classic Trophy (SL – Super Long; L – Long)

Senior Race FRA Entry Form – [Link](#) Junior Race FRA Entry Form - [Link](#)

CC – Esk Valley Fell Club Championships – Events for 2019 to be confirmed

WS - Winter Series 2018/19 – Maximum 6 races count from 11 series events

SS – Summer Series 2019 – Maximum 6 races count from 10 series events

WS – Winter Series 2019/20 Maximum 7 races count from 12 series events

4S – Four Seasons Trophy, Guisborough Start Races; Counters to be confirmed

WS & SS Team competition, Men – 4 counters; Female – 3 counters (2 to finish to score team points teams finishing 3 take preference), all events count to overall series position

NEJ – North East Junior Fell Race Series 2019

NEJ – Categories – Male and Female – U9, U11, U13, U15, U17 and U19 NEJ – Age category by age on 31st December 2019

FRA Categories two letters; A, B & C – Climb feet or metres per mile or km (A – Steepest) S – Short, M – Medium, L – Long FRA – Fell Runners Association – [Link](#)